

# UX Final Project



## Group 10

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# Ontario Design System



<https://designsystem.ontario.ca/>

# Demo Walkthrough

Demo of our Figma prototype

# Stakeholder Expectations

What our Stakeholders want

# Stakeholder Expectations

- The application is going to be a mobile UI meant for tracking fitness workouts.
- Users should be able to record and check records of their fitness workouts, therefore the UI should be interactive.
- Users should be able to define their own exercises
- Users should be able to view past workouts they've done
- The UI should have multiple pages to help separate different actions to help increase usability.
- User should be able to undo their actions
- There should be feedback when an error occurs

# Initial Prototypes

Brief presentation of our sketches

# Sketches

### Log In screen

TRACK

Fitness Logging App

USER

PASS

Forgot

Log In

Sign Up

### Username/Password Warning

Load

Invalid username or password

### Sign Up

Log In

Back

Username

Password

Confirm Password

Email

Sign Up

### Define New Exercise

TRACK

Define New Exercise

Workout Name

Muscle Groups

APP

Define Exercise

Barbell Curl

Add New Log

Post Logs

### Create Workout

TRACK

Workout Oct. 30, 2024

Barbell Curl

Chosen Workout

Define Exercise

Post Log S

### Previous Workout

TRACK

Workout Oct. 30, 2024

Barbell Curl

# Reps Wt. Time

Add Reps

Define Exercise

Post Logs

### All Previous Workouts

TRACK

Trackings

on facing lens

Oct. 30, 2024

Barbell Curl

# Reps Wt. Time

Muscles Worked

Define Exercise

Post Logs

### Add a New Exercise

Name

Type

Add

### Post Logs

October 30, 2024

Barbell	Exercise	# reps	timestamp	weight
15 reps	...	...	...	...
15 reps	...	...	...	...

Add .reps

Tricep Pushdown

...

### Add New Workout

Name

Exercise Type

Submit

in this part  
→ timestamp  
is incorrect

### Track

Log In

Username

Password

# First Prototype Iteration

TRACK

Fitness Logging App

Username

Password

[Forgot password?](#)

Login

Sign Up

Back

Invalid Username or Password

Back

Username

Password

Confirm Your Password

Email

Sign Up

TRACK

Define/Modify a New Exercise

Enter Workout Name:

Barbell Curl

Enter Worked Muscle:

Biceps Brachii

Add

Defined Exercises

Barbell Curl

Biceps Brachii (Short Head)

Biceps Brachii (Long Head)

Deltoids

Tricep Pulldown

Triceps Brachii Long Head

Triceps Brachii Short Head

Deltoids

Forearm Muscles

Anconeus

Add new log

Past logs

Back

Workout

October 30, 2024

Barbell Curl

# Reps

Weight

Timestamp

15 reps

40 lbs

12:30PM

15 reps

50 lbs

12:35PM

15 reps

50 lbs

12:39PM

Add Reps

+

Select Workout

Barbell Curl

Tricep Pulldown

# Reps

Weight

Timestamp

Add Reps

+

Define exercises

Past logs



# First Prototype Iteration

Back

Workout

October 30, 2024

Barbell Curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:35PM
15 reps	50 lbs	12:39PM

Add Reps

Select Workout

Barbell Curl

Tricep Pulldown

# Reps	Weight	Timestamp
8 reps	40 lbs	12:30PM
8 reps	50 lbs	12:35PM
8 reps	50 lbs	12:39PM

Add Reps

Define exercises

Past logs

TRACK

AllWeightsRunningMixed Cardio

Trackings

October 30, 2024

Location: XYZ

Barbell curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:35PM
15 reps	50 lbs	12:39PM

Mixed Cardio

Tricep Pulldown

# Reps	Weight	Timestamp
8 reps	40 lbs	12:30PM
8 reps	50 lbs	12:35PM
8 reps	50 lbs	12:39PM

Muscles Worked

Barbell Curl

Biceps Brachii (Short Head)

Biceps Brachii (Long Head)

Define exercises

Past logs

# HCI Aspects

- Consistency
- Accessibility
- Usability
- Colour
- Aesthetic & Minimalist Design
- Perceived Affordance
- Transfer Effects
- Causality
- Efficiency
- Error Prevention/Recovery

# Consistency

- 12 column and 16px gutter layout
- 12 columns are equal
- Every element is based on this layout grid
- All element sizes are based on how many columns/gutter they take up
- Vertically spaced out in units of 8px

Login

# TRACK

Fitness Logging App

Username

Password

[Forgot password?](#)

Login

Sign Up

Login

# TRACK

Fitness Logging App

Username

Password

[Forgot password?](#)

Login

Sign Up

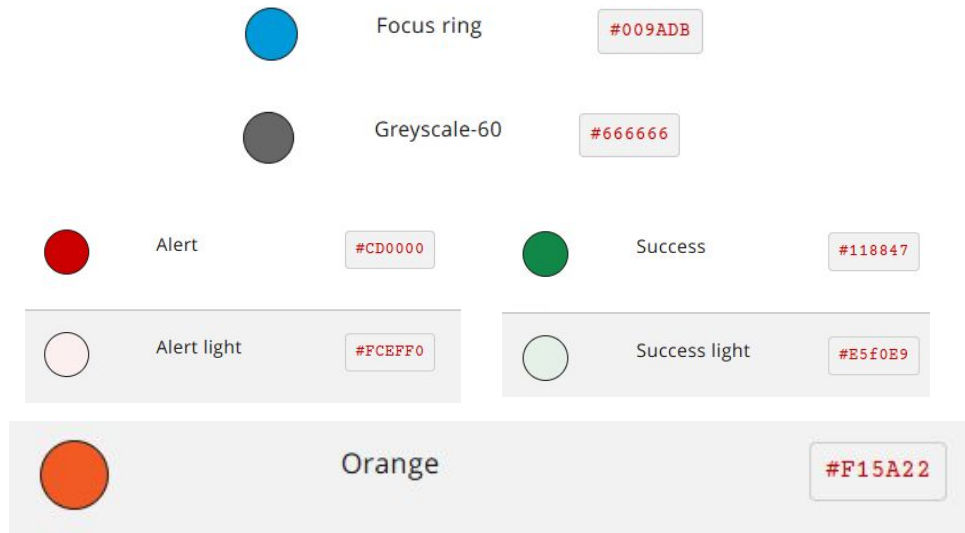
Layout grids visible

# Usability

- Uses Ontario government design system, government must be accessible to public
- All font is 16px to be readable by most people
- All interactable elements are at least 16px by 16px
- Interactable elements have text/hints
- Colours from Ontario Design System

# Colour

- Blue was used for buttons as they are important and colour blindness is usually green/red
- Text all them meet the WCAG colour contrast standard of 4.5 to 1
- Red and Green for positive reinforcement
- Orange is associated with exercise



# Aesthetic & Minimalist Design

- Orange used to break up monotony of white and black
- Easy to read and use
- Things are spaced out 16px away at least
- No irrelevant information

New Log

Past Logs

Past Logs Show More

**Add New Log**

**Workout Name:**

Workout Name

Workout Category

**October 30, 2024**

Barbell Curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:35PM
15 reps	50 lbs	12:39PM

Add Reps +

Select Workout

Barbell Curl

Tricep Pulldown

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:35PM
15 reps	50 lbs	12:39PM

Add Reps +

Cancel Add

**Past Logs**

All Weights Running Mixed C...

**Trackings**

**October 30, 2024**

Location: XYZ

Barbell curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:39PM
15 reps	50 lbs	12:35PM

Show More

Tricep Curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:39PM
15 reps	50 lbs	12:35PM

Show More

**Past Logs**

All Weights Running Mixed

**Trackings**

**October 30, 2024**

Location: XYZ

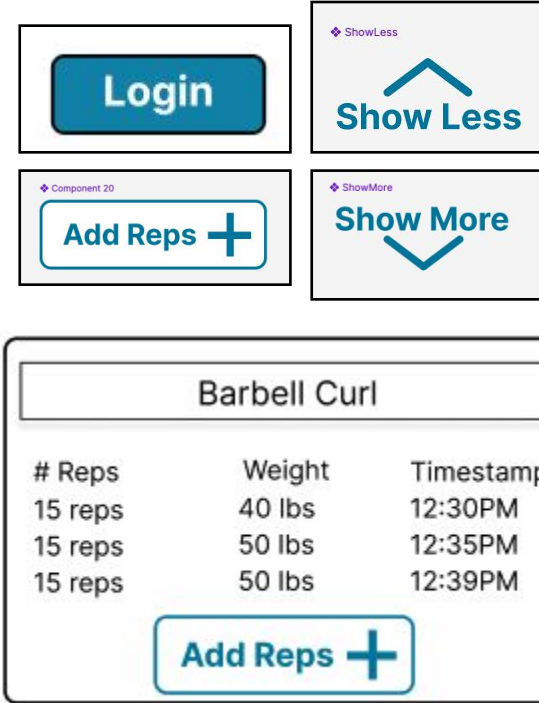
Barbell curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:39PM
15 reps	50 lbs	12:35PM

Show Less

# Perceived Affordance

- The colour blue is used to indicate action across our app.
- Icons (arrows and the plus button) are used to indicate the kind of event that will occur upon pressing the button
- It is clear that there are rows of text in this section, and pressing the “Add Reps” button will add a new row of possibly more text, since the button is within the boundary of the “Barbell Curl” section.



# Perceived Affordance

- Two elements are key here:
  - More options are cut off from the screen
  - A rectangle with rounded edges is at the start
- This indicates that there are more options to be explored, and this component can be scrolled to view more, in a carousel fashion.



October 30, 2024  
Location: XYZ

Barbell curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:39PM
15 reps	50 lbs	12:35PM

Show More

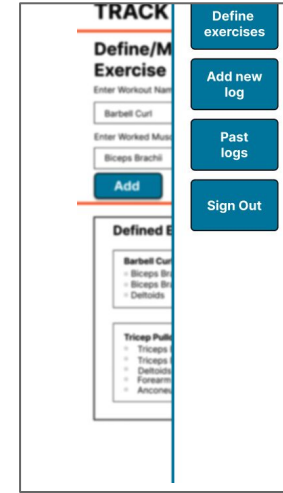
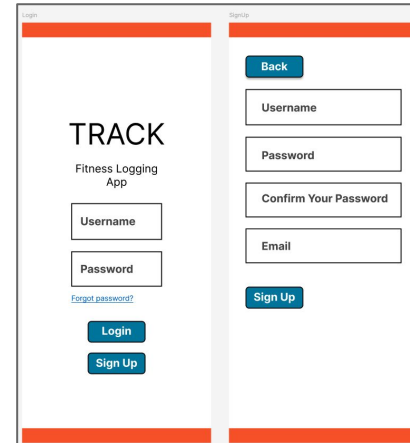
Tricep Curl

# Reps	Weight	Timestamp
15 reps	40 lbs	12:30PM
15 reps	50 lbs	12:39PM
15 reps	50 lbs	12:35PM



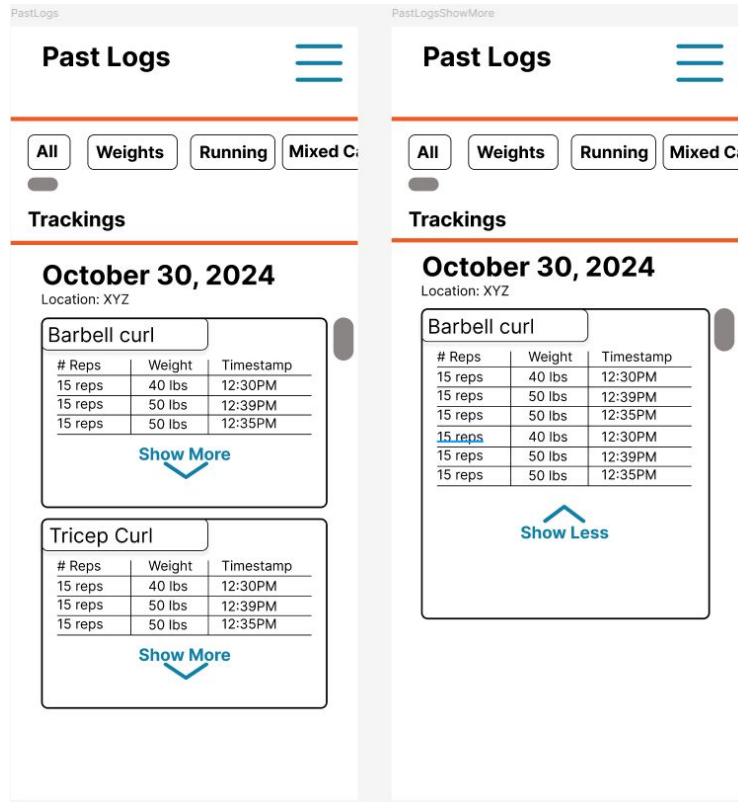
# Transfer Effects

- Hamburger Icons are commonly used, indicating that a menu is hidden and can be revealed.
- In our app, the hamburger icon opens the side bar, revealing more options to the user.
- Most users are familiar with logins and sign up pages.

A vertical sidebar menu for the TRACK app. At the top, the word "TRACK" is in bold. Below it, the section "Define/M Exercise" contains three input fields: "Enter Workout Name" (with "Barbell Curl" entered), "Enter Worked Muscles" (with "Biceps Brachii" entered), and an "Add" button. To the right of these fields are four blue buttons: "Define exercises", "Add new log", "Past logs", and "Sign Out". Below the "Add" button is a section titled "Defined Exercises" which lists "Barbell Curl", "Biceps Brachii", "Triceps Pull", and "Triceps Push" with sub-items like "Triceps", "Deltoids", "Pectorals", and "Anterior".A screenshot of the TRACK app's login and sign up pages. The page is split into two columns. The left column is for login, with the "TRACK Fitness Logging App" logo, "Username" and "Password" input fields, a "Forgot password?" link, and "Login" and "Sign Up" buttons. The right column is for sign up, with a "Back" button, "Username", "Password", "Confirm Your Password", and "Email" input fields, and a "Sign Up" button. The page has a white background with orange accents at the top and bottom.

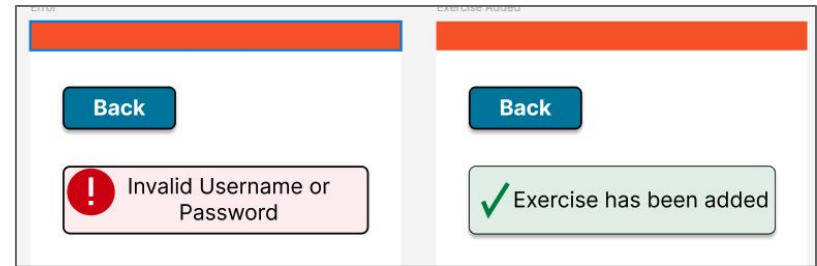
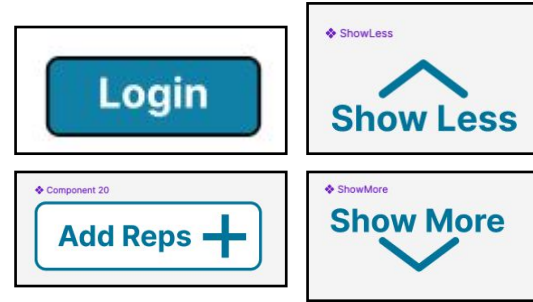
# Causality

- Direct Correlation with button text and action
- Sense of Feedback: Users know when their action is successful
- Button consistency/mapping: Buttons look uniform and behave the same way in expected context



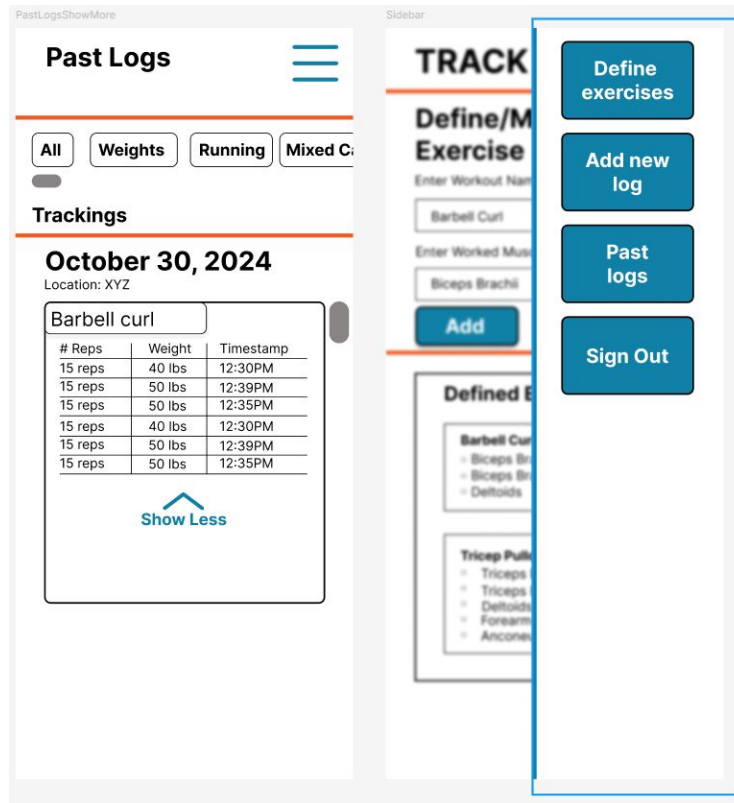
# Learnability

- Blue is used in all screens to indicate a clickable button. Blue is not used for any purpose but this.
- Feedback is used, to inform the user if an action is desirable or unwanted.



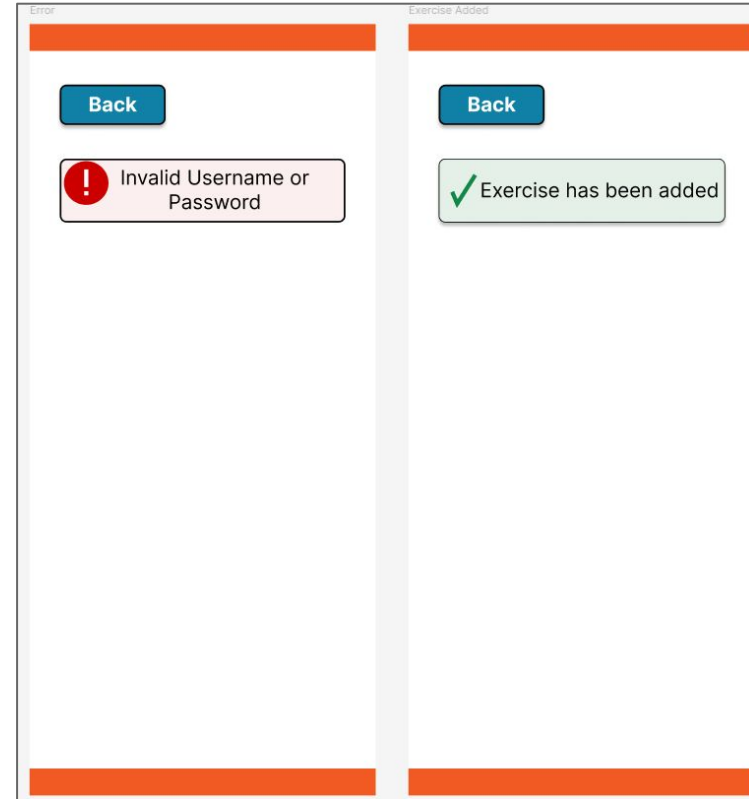
# Efficiency

- Sidebar and buttons on the right
- Hand is likely the right after using sidebar button
- Inspired from Fitts' Law



# Error Prevention/Recovery

- Red/Green for positive reinforcement
- Page text tells you what went wrong or right



# Future Improvements

What the future waits for our prototype...

# Future Improvements

- Animations for a better user experience
  - while keeping a minimalistic design, adding animations can aid in the user experience by clearly showing cause and effect.
- Experiment with different colour themes
  - Can use Stark Figma plugin to experiment with how different colour themes are perceived by different users; some with different color blindnesses.
- Experiment with different fonts and font sizes
  - Some fonts may be more readable than others
- More Error Prevention
  - Make/show aspects of the UI only accept certain values
- Increase accessibility
  - Not everyone is right handed; add the option to move hamburger icon to the other side

**Thank you**